

ANNUAL NARRATIVE REPORT  
NAVAJO COUNTY  
ARIZONA

DECEMBER 1, 1953  
to  
NOVEMBER 30, 1954

By  
ANNE B. SHUTE  
Home Demonstration Agent

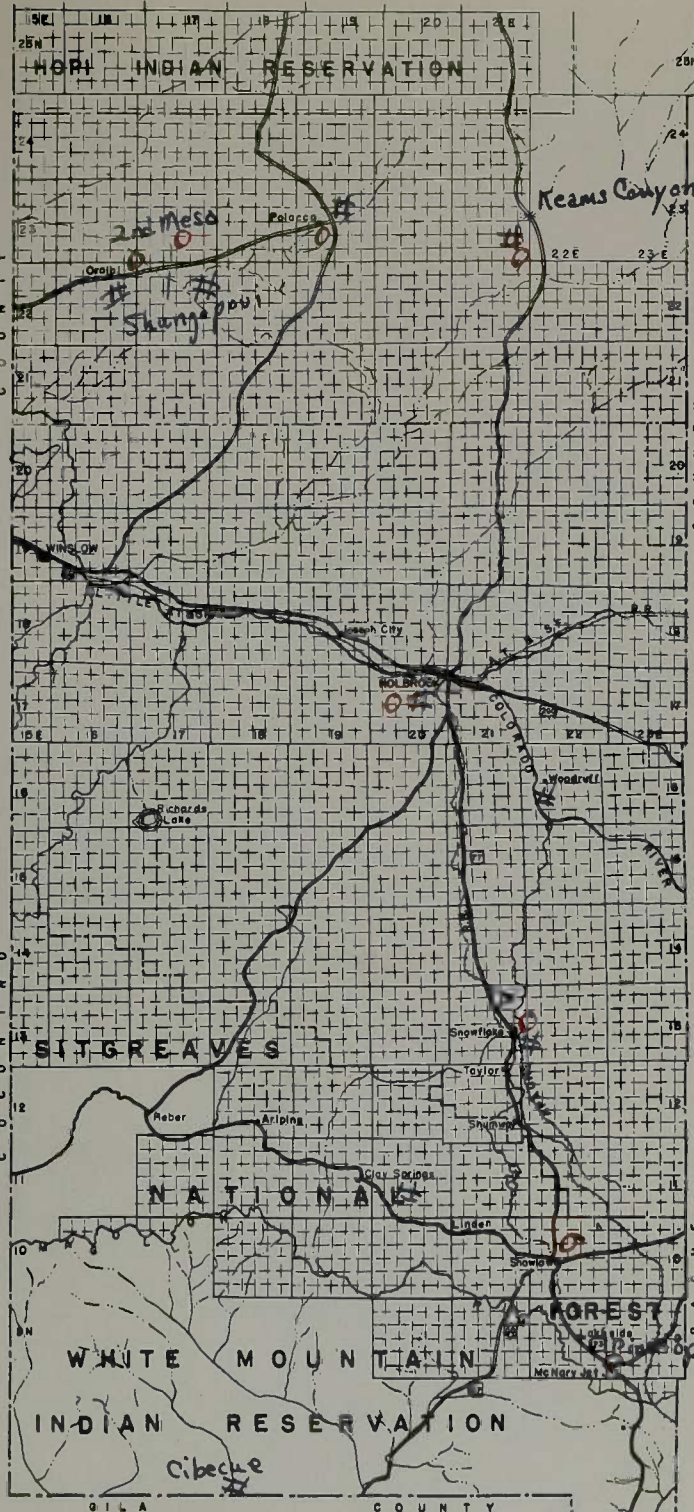
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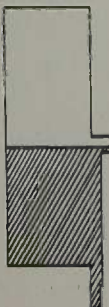
○ Homemaker Clubs  
✕ 4-H Clubs



NAVAJO COUNTY,  
ARIZONA

SCALE IN MILES

0 10 20 30



GRAHAM

## DESCRIPTION OF COUNTY

Navajo County is located in the Northeastern part of Arizona. It is approximately 300 miles long and 60 miles wide. It ranges in altitude from 4,500 to 7000 feet. The climate is pleasant in the summer and fall but cold, damp winters made travel into the rural parts of the communities hazardous and the dusty springs present many problems to the homemakers. The Southern part of the county is becoming an important summer camping and fishing area and hunting area in the fall. About 60 per cent of the county is Indian Reservation territory for the Navajo, Apache, and Hopi Tribes. Another large section of the county is government owned as Sitgreaves National Forest. According to the 1950 U. S. Census only about 18.6 per cent of the land in the county is privately owned.

Agriculture is the basic industry of the county. Cattle and sheep are the leading products. Sheep are chiefly raised by the Navajos on the Reservation. In the Snowflake-Taylor area vegetables such as carrots and cucumbers are being grown, while Joseph City is primarily known as a dairy and poultry headquarters. Sawmills, tourist trade, construction work, railroading, mining, provide employment for the non-agriculture population. Approximately 80 per cent of the farmer population derive their major income from non-agriculture pursuits.

Holbrook, the county seat with a population of 3000, and Winslow with a population of 8000 are the shopping centers for the county. Showlow, with its fast growing population, will soon become another important center.

The county is becoming more aware of the necessity for improving health and sanitation facilities. There is a sanitary engineer employed by the county and by the city of Winslow. There are four doctors in Winslow and two in Holbrook. There are two dentists in Winslow, one in Holbrook and one in Snowflake. There is a hospital in Winslow, one in Holbrook and a maternity clinic in Snowflake. There are also Indian Service hospitals at Keams Canyon, Winslow and Whiteriver. Homemakers, PTA's and other county organizations met with the Board of Supervisors to request a Public Health Nurse. The Board could find no way of financing such a project.

There are seven dairies which pasturize milk located at Winslow, Joseph City, Holbrook and Taylor. In the outlying rural towns, such as Clay Springs, individual families own cows, but very few pasturize their own milk. Many of the families in the county grow their own vegetables in the summer and freeze their surplus using their own home freezers or locker storage plants.

There is a small library at Showlow sponsored by the PTA and Business and Professional Women's Club. A movement has started in Holbrook through the Women's Club and the BPW to establish a local library there. There is not much awareness of the value of a public library and interest is very low.

The dominant religion is the Church of Jesus Christ of Latter Day Saints. The Relief Society organization which is the women's auxiliary has a heavy program throughout the winter months. The summer months are free from church planned programs and provide an excellent time for meetings. The L.D.S. women are so busy with this church work that it is difficult to get them to attend meetings outside their own community.



COUNTY ORGANIZATION OF HOME DEMONSTRATION WORK

County	Number of Communities Carrying Adult Work	Homemaker Clubs	L.D.S.* Groups		Farm Bureau	Other		4-H
			No.	Enrollment		No.	Enrollment	
Apache	3	3	9	380			9	68
Cochise								
Coconino								
Gila								
Graham								
Greenlee								
Maricopa								
Navajo**	11	10	14	496	5	53	12	205
Pima								
Pinal								
Santa Cruz								
Yavapai								
Yuma								
TOTALS	14	13	23	876	5	53	21	273

\*Latter Day Saints Relief Societies.

\*\*Includes U.S. Indian Service and LDS Relief Societies which cooperate.

## COUNTY OUTLOOK FOR 1955

### General Outlook

The economic outlook of the county is much improved over last year. There has been more rain this year than there has been for over a decade. Rangeland grass is good which means that feed costs are lower. Since prices have remained the same, the profit per cow is higher. The more relaxed attitude of the people is noticeable. Another sign of continued prosperity is the increased building program of both housing and businesses. The outlook for 1955 is encouraging.

### Homemaker Clubs

The Homemaker Clubs in this County are located in Holbrook, Snowflake and Pinetop. There are Indian Service Clubs at Cedar Creek and Whiteriver on the Apache Reservation and at Polacca, Second Mesa, Shungopovi and Oraibi on the Hopi Reservation.

The Holbrook and Snowflake groups are strong organizations with fairly good leaders. The Pinetop Club was newly organized this year and has eleven members. The Club president is a strong leader but she has no assistance. The Showlow Club was dropped this year after the Agent spent considerable time in the community on the Better Dress project to which only three women responded.

In Snowflake where the women cooperate fully with the Extension Service, leaders of the Homemaker Club quite frequently repeat Leader Training programs to the Relief Society groups. In other towns it is very difficult to get the L.D.S. people to come to the training meetings even though the subject matter pertains to the same general field as their Relief Society program. The agent feels that the distance the women have to travel and the time spent makes Leader Training a questionable educational method for this county.

### U. S. Indian Service

There are two Indian Agencies located in this county on the Hopi and Apache Reservations. The Navajo Reservation occupies a large part of the county land but there is no home economist employed to help these people. The Home Economist at Keams Canyon is Mrs. Juanita Kavena who has been employed there since June, 1953. Mrs. Rosemary Amos has been employed at Whiteriver since October, 1953.

When Mrs. Kavena was employed last year she took over a newly created position and since that time has built a strong Extension program in both homemaker and 4-H work. She has established four homemaker clubs on the Hopi Reservation.

Since her plan of work demands that she plan her program during the summer there is little opportunity for her to cooperate with the county programs which are planned in the fall although both years she has brought leaders to Program Planning Day. Anytime that the county program fits into the requests of the Hopi women, Mrs. Kavena and her Indian leaders attend the training meetings.

Mrs. Amos is a young inexperienced agent and has an extremely difficult territory to work in. She has been able to establish two small Homemaker Clubs which are without formal organization. They have not participated in the county program this year. Mrs. Amos planned simple meetings around food preservation and sewing projects.

There is considerable concern among the Hopi Agency workers about the bill before Congress to turn over Reservation Extension to the State Extension Service. Therefore, these Agents are trying to cooperate with us in every way possible hoping that we will become familiar with their program and what they are trying to accomplish among the Indian people.

#### Food Project Work

In the two years the Agent has worked in the county she has found that food project work generates the greatest amount of interest among the county women. The women are interested in good nutrition for their families at low cost and new menu ideas.

They are also interested in freezing. Many families have kitchen gardens and freeze their surplus. The L.D.S. families are freezing their emergency supplies rather than canning them. Each fall all the lockers and freezers are filled with beef, venison, wild turkey and elk.

There is need for further education in the outlying communities which do not regularly take part in the Extension program. Families are buying freezers and packaged frozen foods on the "Food Plan" without an adequate idea of the expense involved.

In holding pressure canner clinics for the first time this year, the Agent found that there is also a need for work on canning in the county.

#### Clothing

This year a clothing construction project was carried in "Making Better Dresses". There was good interest in the project in Holbrook, Snowflake and Lakeside. However, very little interest was shown in the project in Showlow. This was the first time a construction project had been carried for many years and many good comments on the meetings were overheard by the Agent.



The standards of color, design and workmanship are very poor in the County as a whole because of the lack of training. The Agent believes that more construction programs would be very popular providing they were one-day meetings without much carry over or homework. In Snowflake many women have requested a tailoring course. The Agent believes that this matter should be studied very seriously before a difficult special interest program like this should be attempted.

### Home Management

Women in the county, particularly the L.D.S. women, have a reputation as poor housekeepers. Part of this failing is due to the fact that they are kept very busy outside their homes.

There is a great need for more work in all phases of the Home Management field. Method demonstrations were held this fall on Color Schemes and Room Arrangements. These were substituted for a Lamp Shade project because the Agent felt the money involved and the leaders time consumed would be too demanding for the largely unstable clubs in this county. There have been no reports on the Color and Room Arrangement projects this year since they were held at such a late date.

The Agent believes that the outlook for 1955 in the Home Management field is encouraging.

### Community Projects

Last year at Program Planning Day the women decided to work for a public health nurse in this county as a general community project. The Snowflake and Holbrook clubs also adopted the project of giving money to some health unit in the community such as the school nurse or the town hospital for the purchase of needed equipment.

In conjunction with PTA groups in the county the women went before the Board of Supervisors to request that a public health nurse be employed in this county. They had the support of the State Health Department. Miss Jefferson Brown of the State Health Department, conferred with the Agent and community leaders, Mrs. Dorothy Palmer and Mrs. Bess Erickson of Snowflake to assist them in planning their campaign. The largest delegation ever to go before the Board of Supervisors met with Mr. Vern Willis, Mr. Ben Hunt and Mr. William Crozier on June 7 to request the Board to plan for the salary and expenses of a nurse in the July budget. The Board was sympathetic to the request but stated the money was not available. Several of the women returned at other times to reiterate the request but at the budget meeting they showed that there was no money available.

According to law, they stated, they are allowed to spend 10 per cent of their budget on health needs and this money is allocated among the three County hospitals and the County sanatorium. For 1955 they intend to continue with this project and have also made plans to enroll in Red Cross First Aid classes.

## EXTENSION ORGANIZATION AND PLANNING

Homemaker Clubs

Homemaker Clubs provide a way of reaching large numbers of rural women who desire to keep up with the newest information and best methods in homemaking and community life.

Purpose

1. Development and improvement of the rural woman, her home, and her community.
2. To study and put into practice the best information on various phases of homemaking.
3. To cooperate with the Extension Division of the University of Arizona in making such information available.
4. To promote desirable home and community life.

Method

Until three or four years ago there were no Homemaker Clubs organized in this county because the majority of the rural women belonged to the L.D.S. Church which conducts a home-making program of its own. Within the last few years, clubs were finally organized at Holbrook, Snowflake, Showlow and Lakeside.

The Lakeside club disbanded a year ago with the mutual consent of all members because sufficient leadership was not available to take advantage of the yearly program of leader training meetings.

The Showlow Club attempted to plan a program of its own outside the Extension Service and was unsuccessful. This year the Agent met several times with the group leaders to attempt reorganization. She also offered the project on Making Better Dresses. The response was so poor that the community leaders felt the Agent should discontinue her efforts in the community.

In January a letter was sent out to the Lakeside women asking them to consider reorganization and offering the Better Dresses project. No response was received to this offer.

The clubs in Snowflake and Holbrook are strong and probably will continue in existence for several years. Although the membership in Holbrook needs to be built up.

Early in the spring the Agent received a request from Pinetop women to assist them with organizing a Homemaker Club. The Agent met twice with a small group of women there and was successful in establishing an organization.

This group is still quite unstable and needs to develop better leadership because at present the president is handling the greatest load.

A request was also received from a group of Overgaard women to enroll in the Better Dress Making project. However, the Agent did not have time in her schedule to work in that community and they were offered the opportunity to organize as a Homemaker Club in order to take advantage of the other Extension programs. Although this community is located better than 50 miles from the highway, it might be possible to organize a group there after a few house visits by the Agent.

### Evaluation

1. The Homemaker Club presents the most ideal methods for disseminating information. The present Homemaker Clubs should be fostered but more work should be done through the Relief Societies. The Relief Societies reach a greater percentage of the women of the county than do the Homemaker Clubs.
2. The Homemaker Clubs are only as strong as their leadership. As the clubs continue in existence, one finds that the same group of women from each club attend all the county meetings. Leadership must be encouraged and trained.
3. The Clubs need a well-balanced program that occupies the majority of the year. In a few instances they have been able to carry out meetings on their own but they are not capable of doing so to any large extent.
4. Membership in the groups is dropping off slightly and the club leaders should be encouraged to hold membership drives and invite new comers to the community and young mothers to attend the meetings.

## EXTENSION ORGANIZATION AND PLANNING

United State Indian Service Homemaker Clubs

There are four homemaker clubs located on the Hopi Reservation. They are Shungopovi, Polacca, Oraibi and Second Mesa, and they enroll about 58 women. Because the problems of the Indians differ in many respects from those of the white women, the Indian Service Agent, Mrs. Juanita Kavena, and her leaders do not always participate in the county meetings. However, the Indian Service Agents believe that the Indian Service Extension will soon be taken over by the State Extension Service and they are anxious to cooperate and familiarize their women with the State program. They hope by bringing leaders to our training meetings to build leadership in the Indian communities.

Mrs. Kavena and her leaders have cooperated in the Pest Control, Use Your Pressure Saucepan, Color Schemes and Room Arrangement meetings held this year by the Agent.

Another problem that prevents closer cooperation is that Mrs. Kavena does her program planning in the early part of the summer. When her leaders attend our County Program Planning meeting, they assist in choosing projects that already fit into their program. But they do not participate in the other projects requested that do not already fit into their program. Some of the work carried on the Reservation this year by the Indian Service Agent has been How to Crochet and Knit, Reading Labels, Making Mattress Covers and Using Dry Milk.

Mrs. Kavena brought two or three leaders with her to Program Planning Day with her this year.

There are two homemaker clubs on the Apache Reservation but they are small unorganized groups. Mrs. Rosemary Amos is the Agent at Whiteriver and she does not participate in the county program. Undoubtedly because she feels her women are not ready for the type of subject matter presented this past year. She has given demonstrations on topics such as Canning, Making Children's Clothes and Making Furniture from Orange Crates.



## EXTENSION ORGANIZATION AND PLANNING

L.D.S. Relief Societies

Most of the women in the rural communities of Navajo County belong to the L.D.S. Church and are enrolled in the Church Relief Societies. These groups meet every Tuesday from September to May. There one meeting each month is devoted to a homemaking lesson. This program is planned by church authorities and all church groups study the same topic. It has always been the policy of the Extension Service in this county to work with the Relief Society leaders as closely as possible. The leaders are invited to come to our Program Planning Day in order to request training in the topics they will have to teach. They are encouraged to seek the assistance of the Agent and this office by requesting demonstrations, bulletins, and file material for the lessons.

In this county there are fifteen Relief Societies. Mrs. Perry Baldwin of Taylor is the president of the "Stake" and is responsible for the overall planning. Each of the fifteen groups has a president, one or two advisors and a work leader who presents the homemaking lesson. These people receive the Agent's monthly letter of Extension Service activities, the plentiful foods list and notices of all county training meetings and planning meetings.

During the past year several Relief Societies have requested help from this office in the way of bulletins and file material. These were Lakeside, Showlow, Snowflake, Winslow, Woodruff and Joseph City. The Lakeside Relief Society made a special request to have the Making Better Dresses project and the Agent enrolled twelve women in the project. Leaders from both the Snowflake groups attended the training meeting on "Use Your Pressure Saucepan".

This fall the State leader informed the Agent of the Relief Society program and the Agent sent out circular letters to all Relief Society leaders notifying them of the bulletins available on their topics. There has been response from several organizations to this circular letter.

The Relief Societies are reluctant to send leaders to our meetings but can be encouraged to do so more often. They will always welcome the Home Demonstration Agent if she wishes to present a short demonstration.

## EXTENSION ORGANIZATION AND PLANNING

Publicity

The Holbrook Tribune News and the Winslow Mail are the two weekly newspapers in the County. The Winslow paper has not printed any news or feature article prepared by the Agent. On extremely rare occasions an article from the Information Office at the University is printed.

The Holbrook newspaper cooperates very well in printing news articles. The Agent was able to obtain a regular column space this year, although it is not completely reliable.

An Agent from the Arizona Farmer magazine gave good coverage to the County Fair this year.

The Arizona Republic often prints meeting notices in the small town news.

Bulletins

There has been better distribution of bulletins this year than formally. Bulletins are usually offered along with the monthly letter and occasionally with the plentiful foods list. The Relief Societies are often offered bulletins that the Agent believes would be helpful with their lessons

Secretaries of the Homemaker Clubs are given samples for their files. They are expected to bring them to each meeting so that the club women can become familiar with the bulletins available. Very few requests are received through this channel.

The most successful method has been a kit of bulletins which the Agent carries with her to meetings. The women are asked to sign up for those they want. Of course, bulletins are always given out in connection with project work.

Very few people in the county are aware of the information available to them through the Extension Office. Much more should be done to publicize the county office and its work.

National Home Demonstration Week

The purpose of National Home Demonstration Week is to acquaint the public with home demonstration work -

- That is is for the development of better living for families in homes and communities;
- That educational advantages of this part of the Extension program are for all people

National Home Demonstration Week this year was recognized by the Bi-County Achievement Day held in Snowflake on May 26. This meeting was attended by 59 women and was publicized in the Holbrook Tribune News on June 11. A write-up of this meeting will be found elsewhere in this report.

Another recognition of Home Demonstration week was the organization of the Pinetop Homemakers with an enrollment of 15 women.

#### Country Life Conference

Amelia Taylor and Martha Sewiemptewa from Polacca attended County Life Conference at the University this June. There seemed to be more interest in the Conference than attendance from this county indicated, especially among Holbrook women.

Featured at this conference was a panel discussion on problems in buying ready-to-wear dresses.

#### F.H.A. Cooperation

Laurence Nunn, Farmers Home Administration Supervisor for this district, called on the Agent on July 21 to discuss cooperation. He explained that he might call on the Agent for assistance in helping homemakers plan home improvements.

HOLBROOK TRIBUNE-NEWS

Home Demonstration  
Agent's Column

BY ANNE SHUTE



Anne Shute

Good Buys for January shoppers are grapefruit, onions and winter pears. Homemakers who watch their food dollars will want fryer chickens, eggs, beef and frozen fish-especially ocean perch, whiting and scallops. Peanut butter sandwiches are always a favorite with the kids and the supply on the markets is heavy.

If you would like to be notified of the Plentiful Foods each month, let me know and I'll add your name to my mailing list. 264 Women in Navajo and Apache Counties are now receiving my letter.

PECANS ARE PLENTIFUL

right now and this would be a good time to try a pecan cake. To make this cake you'll need one pound of butter, 2 cups of sugar, 6 eggs, 4 cups of flour, 1 teaspoonful of baking powder, a pinch of salt, 1 pound of raisins, 1 quart of shelled, chopped pecans, and 1 teaspoonful of lemon extract.

To make the cake, cream the butter and sugar, add beaten eggs, and mix the lemon extract thoroughly into the butter, sugar and eggs. Sift the flour, baking powder and salt together. Add half of it to the sugar butter and eggs mixture. Add the raisins and pecans which have been mixed with the other half of the flour to keep them from sinking. Bake in a slow oven-about 300 degrees- for about two hours, in a 10 by 14 inch cake pan. (From "Roundup Recipes", published by the Arizona Cowbelles)

Holbrook Tribune News  
Weekly Column  
January 8, 1954

Are you bothered by dark stains on your aluminum utensils? They are caused by minerals in the water or the chemical action of dry detergents on them. Whether in or out of the dishwasher the dark mineral stains will form on your aluminumware if water is left to stand in it for a length of time.

Place your aluminum kettles and pans well back in the dishwasher where there is less chance of any undiluted detergent falling directly into them. At the same time tilt the utensil so that water will completely drain out of it and not leave small puddles to cause mineral stains.

Give the detergent a fair trial in your dishwasher; read and follow the manufacturer's directions on the package.

Buying used furniture is one way such families have of furnishing their homes. Unfinished furniture is the other. It's easy to buy a poor piece of used equipment without realizing it. There are pitfalls in unfinished furniture too, even if it new and looks good.

There is a great spread in price between the initial cost and the

retail price of unfinished furniture. The cost of finishing the unfinished item is about 10 per cent of its total cost. Many items are made of poor wood and are often poorly constructed.

Before you buy unfinished furniture ask yourself this question. Have I the skill and patience to do a good finishing job? Another thing to think about is the time involved. Also, unfinished furniture usually needs some minor construction or repair before it can be finished.

If your income is low or moderate, or, if you're not permanently settled it may be worthwhile and wise to buy unfinished furniture. Some people buy unfinished furniture that is to be used in an informal way because the more expensive items are prohibitive for such use. Still others buy it to develop a theme in decorating.

Watch for stains in the wood, conspicuous parts or unmatched grain, a uniform kind and quality of wood, and solid, well made joints if you buy unfinished furniture.



## EXTENSION ORGANIZATION AND PLANNING

Officer and Project Leader Training Meeting in Holbrook

An officer and project Leader Training meeting is held each year in February to strengthen the club program by training leadership. The Extension program is explained as well as the duties of club officers and leaders.

Purpose

1. Guidance for new leaders and project leaders of Homemaker Clubs.
2. Analysis of general problems of club management.
3. To unite the homemaker clubs of the two counties into a solid unit.

Method

The second annual Officer and Leader Training meeting for Homemaker Club leaders was held in Holbrook on February 3 from 10 A.M. to 3 P.M. Nineteen women were present representing two clubs and the Fort Apache Indian Agency in Navajo County and two clubs in Apache County. Those present from Navajo County were: Mrs. Charles DeSpain, Mrs. Myrtle McClelland, Mrs. Ed Paulus, Mrs. Richard Ericson, Mrs. Dorothy Palmer, Mrs. C. K. Spaulding, Mrs. Margaret Bourdon, Mrs. Adele Ballard, Mrs. Eleanor Butler, Mrs. Marge Hunt, Mrs. Mary Rogers, and Miss Rosemary Barret, of the Fort Apache Indian Agency.

The excellent attendance at the meeting was due to the excellent reports of last year's meeting given by former officers and to the circular letters and notices which were sent to all representatives regarding the meeting, date, place and subject matter. Miss Jean Stewart, State Home Demonstration Leader, assisted the Agent in planning and conducting the meeting.

The meeting was called to order by the Agent and the women introduced themselves during roll call.

Mrs. Hollis Palmer, a former Public Health Nurse, gave a short talk about her experiences. She pointed out the value of such a nurse to these two northern counties, and she urged the women to petition the Boards of Supervisors to appropriate money for a public health nurse.

Miss Stewart then gave a history and the purposes of Extension work. The remainder of the morning meeting was devoted to project leader training.



The Agent and Miss Stewart presented a short demonstration entitled "How to Eat Soup". The Agent explained that as two club project leaders, she and Miss Stewart had been to a training meeting with the Nutrition Specialist who had trained them in table settings, service, and manners. As leaders we had chosen this small demonstration as being the most interesting to our group, because they had children in 4-H work who would need training in table manners in order to feel secure when they went to state-wide meetings such as Roundup.

An outline of the demonstration was given to the women, the demonstration was presented and a summary was given. The Agent then invited the women to practice the principle during the lunch hour and be prepared to present the same demonstration after lunch. Two women volunteered after lunch and gave a sketchy presentation of the subject matter. This pointed out the need of study of the subject matter and practice of the demonstration.

The women then divided into interest groups for instructions for the presidents and secretaries. Miss Stewart instructed the group presidents and vice-presidents while the Agent conferred with the secretaries. The project leaders dispersed themselves with either group.

Before the end of the day the group assembled again as a whole and assisted the Agent in planning for Achievement Day.

#### Evaluation

1. The comments of the women after the meeting were very favorable. They seemed to feel that they learned a great deal about club management.
2. The Agent plans to observe the general effect of club management when she attends meetings this year.

## EXTENSION ORGANIZATION AND PLANNING

Bi-County Achievement Day Held May 26

A Homemaker Club Achievement Day was held this spring to climax the Better Dress Project held in Navajo and Apache counties.

Purpose

1. Stimulates interest in the Extension Program.
2. Provides a social gathering of all Homemaker groups with subsequent exchange of ideas.
3. Demonstrates county and individual club project work and results.

Method

The first Achievement Day held in Navajo and Apache Counties was attended by approximately sixty women. The Agent planned this event with the aid of the Holbrook and Snowflake Homemakers. Mrs. C. K. Spaulding, Mrs. Goldie Foster and Mrs. Margaret Bourdon helped plan the program and general organization of the Achievement Day at Snowflake. Assistance was also given by Miss Helen L. Church, Clothing specialist.

The various Homemaker Clubs were asked to bring exhibits of their project work and also to present a short skit. Since many of the clubs were represented by only two or three people this suggestion was not observed. However, the Snowflake and Holbrook Clubs put on very entertaining skits pertaining to the problems incurred in their Better Dress project. Other entertainment was provided by Mrs. Bessie Ericson of Snowflake who sang a song and Mrs. Louise Levine who gave a reading of one of "O' Henry's" stories. After lunch Mrs. Ericson reported on the Board of Supervisors meeting at which the Homemakers and other interested groups proposed that the Board hire a public health nurse to serve the county. Pot luck luncheon was served.

The program was climaxed by the Dress Revue conducted by Miss Helen L. Church, clothing specialist of the University of Arizona. Twenty-one participated in the Revue. This number represented slightly half of those who originally enrolled in the project.

A professional photographer took a picture of the group which was printed in the Holbrook Tribune.

Evaluation

1. The Achievement Day was a goal for the women in finishing their dresses.
2. The large attendance of women outside the Homemaker Clubs stimulated interest.
3. The news article published by the Holbrook Tribune gave wide publicity to the county program.
4. Another year a similar program might be planned for the end of the club year to advertise all the projects carried.

## EXTENSION ORGANIZATION AND PLANNING

Program Planning15 Women from 6 Communities AttendBi-County Program Planning Day, September 27 in Holbrook

A Program Planning Day is held in order that a group of leaders from all parts of a county and members of the home demonstration staff may meet together to plan cooperatively the home demonstration program.

Purpose

1. A cooperative and democratic selection of a program.
2. To plan a balanced program which meets the needs of the Homemaker Club members of both Navajo and Apache counties.
3. To promote understanding of how the Extension Service can help meet the needs of all rural people.

MethodAdvance Planning

Program Planning for the 1955 program begins in August with a circular letter to all Homemaker Club members and L.D.S. Relief Society officers. This letter surveys the projects carried in this area during the last few years, asks leading questions designed to make women think out their problems, and suggests that they make their ideas known to the project leaders so that the program will represent a majority.

Club presidents are then responsible for holding local program planning meetings.

Program Planning Day

Fourteen women from Navajo and Apache Counties attended Bi-County Program Planning Day in Holbrook on September 27. Of this number seven were Homemakers while the rest of the enrollment was Indian Service homemaker club members.

The small registration from the regular homemaker groups might possibly have been due to the fact that there was a typographical error on dates on reminder letters sent from this office. Although the Agent contacted community leaders and asked them to notify people of the correct date.

The meeting was opened with community singing led by the Agent. Since the County Agents were unable to attend this meeting, Mr. Albert McEvoy of the First National Bank of Holbrook talked on the economic outlook for the country and for Navajo and Apache Counties in particular. Mr. McEvoy was especially informative when he talked informally from his own experiences and also when he answered questions from the group. Miss Jean Stewart, State Home Demonstration Leader, used a flannelgraph to illustrate the various types of families and how they influence the program choices at a meeting such as this.

After lunch the women separated into two groups to discuss the program ideas. After this discussion each group represented got together and repeated the subjects brought up in the discussion group and then chose the two most popular topics under the four main extension programs. The Agent outlined these programs on the blackboard. A vote was not taken but the State Leader noted the number of times individual programs were mentioned by the group in order to get an idea of interest. The programs suggested by the women were very basic and should provide a well-balanced club program during the 1955 club year.

#### Evaluation

The small attendance of Homemaker Club representatives limited the helpfulness of the meeting in obtaining the ideas of a majority. The program choices, however, represented basic problems and should have wide popular appeal. Some of the topics suggested were: Do's and Don'ts in Color and Style, Entertaining at Home, Correct Tools for the Job, Broiler Meals, Simple Repair of Home Equipment, First Aid and Securing a Public Health Nurse.

At the suggestion of the State Leader, the Agent sent out a circular letter to those Homemaker groups not represented at the meeting. All the suggestions were listed and the women were asked to indicate their preferences. A fair sampling was returned and from these the Agent made the requests for the 1955 program.



## FOOD PRESERVATION AND STORAGE

### Pressure Canner Clinics

#### 53 Gauges Tested at Two County Clinics

This year pressure canner clinics were held at Joseph City and Snowflake.

#### Purpose

1. To teach principles of pressure canning.
2. To stress safety factors in using pressure canners.
3. To teach necessity of adjusting processing pressure for altitude.
4. To teach care of the pressure canner.

#### Method

Thirty Two women and two small boys attended the two pressure cooker clinics held in Navajo County during July. Approximately 53 gauges were tested.

Upon receiving a request from the Joseph City Relief Society for a pressure canner clinic the Agent requested help from Mrs. Elsie Morris, Extension Nutritionist, in planning and carrying out such a meeting. Because Mrs. Morris was on vacation at that time, Miss Jean Stewart, State Home Demonstration Leader, and Miss Rachel Reitzel, Itinerant Agent, assisted.

The Agent carried on the Snowflake meeting alone with the help of the women present. After each lid was registered, a talk was given on the purpose of safety valves and petcocks and how they are constructed. If it was necessary the women cleaned the valves with scouring powder and vinegar. They were also taught how to care for their gaskets

The gauges were then tested using a master gauge and pump and recommendations were made to each woman on safe readings for pressure canning. These corrections were written in India Ink on each lid and covered with shellac to preserve them.

Bulletins were distributed entitled "Take Care of Your Pressure Canner" and other U.S.D.A. and U. of A. bulletins on preserving food by pressure canning.

Evaluation

The women in the county have come to expect meetings of this type each year in or near their community. Last year the Agent was untrained and lacked time to carry this project and many comments and questions were received on the possibility of holding clinics.

The two meetings held this year were well attended which indicates the women are aware of the necessity for accurate gauges in this high altitude county. Care of the canners and the safety principles are not so well known because almost all safety valves had to be scoured and occasionally parts needed replacement due to corrosion.

This service should be offered every year alternating communities. Women are also invited to call at the Extension Office and approximately six more gauges were tested here.

Meeting on Freezing Foods Held in Pinetop

The first regular meeting of the Pinetop Homemakers was held at the home of Mrs. Nola Poer in May. The subject of the meeting was "Freezing Foods". The Agent arranged with Mrs. Ula Merrell and Mrs. Louella Nummelley to present demonstrations on making Velva fruit and on frozen strawberry jam. Strawberries are grown locally in Pinetop and when ripe will be a relatively cheap source of supply for these items.

The Agent explained and showed various types of moisture-vapor-proof wrapping paper. She also demonstrated how to wrap poultry and meat. There were 13 women at the meeting.

## NUTRITION

Use of Pressure Saucepan Meetings Held in September and OctoberPurpose

1. To learn to use your pressure saucepan safely in preparing meals every day to save:
  - Cooking Time
  - Food value - vitamins and minerals
  - Flavor
  - Money by saving fuel
2. To know how to correct cooking time for high altitudes. Pressure saucepans shorten cooking times at high altitudes.
3. To learn the many uses of your pressure saucepan, such as cooking less tender cuts of meat, vegetables, and desserts; and sterilizing.

MethodAdvance Preparation

Mrs. Elsie H. Morris, Nutrition Specialist, conferred with the Agent on August 23 and 24 concerning the leader training meetings to be held in September.

The topic chosen at Program Planning Day was "Use of the Broiler and Pressure Saucepan". As the Agent and Mrs. Morris worked on the topic they discovered that there was too much material to be covered in just one meeting and since pressure saucepan cooking at high altitudes presents a problem it was decided to concentrate on this topic. Recipes were chosen for experimentation and leader's guides and report sheets were worked out.

The two days previous to the meeting final experimentation was done as well as shopping for supplies. The day previous to the meeting was used to compile the recipe folders to be given out to the women.

Approximately 90 copies of a circular letter notifying people of this meeting were sent out the first of September. When replies were not received from Holbrook and McNary groups the Agent telephoned club leaders to urge attendance at the meeting. However, neither of these groups was represented at the training meeting.

Mrs. Ula Merrell of Pinetop assisted the Agent by obtaining permission to use the kitchen at the LDS Church in Lakeside which proved to be a very nice working place.

Miss Evelyn Blanchard, U.S.D.A. Nutritionist from Washington, D. C., was in the county at the same time to confer with Mrs. Morris as well as to observe field work. Miss Blanchard took no part in the meeting but did talk to several of the women about 4-H work.

Leader Training Meeting

Eleven leaders from both Homemader and LDS groups from Navajo County attended the "Use Your Pressure Saucepan" leader training meeting held in Lakeside on September 15.

Mrs. Morris conducted the training meeting in this county while the Agent assisted and took notes in order to present the meeting the next day in Apache County. During the morning, Mrs. Morris led a discussion of the various types of pressure saucepans and their use and care, especially emphasizing safety factors. The women were cautioned to read carefully the manufacturers directions and follow them. There were several precautions that must be taken in pressure canning at high altitudes and since little mention is made of this altitude factor in the direction booklets which accompany the saucepans, special emphasis was placed on these items at this meeting. The lack of altitude directions is especially true of the older saucepans. Now-a-days manufacturers will mention altitude in a small paragraph at the beginning of the book.

At the conclusion of this discussion the women volunteered to make up the recipes and work in groups of three or four.

Only one mishap occurred in using the pans which pointed out the necessity of following the safety directions. At high altitude it is necessary to use more water than the recipe calls for and to check the steam which should vent for one minute before the gauge is placed on the pan. The women were accustomed to waiting to see and hear this steam and while they wait much of their moisture escapes. It is possible to check the venting steam quickly by placing a shiny metal object over the vent to watch for condensation. At this meeting one of the recipes scorched on the bottom of the pan because too much moisture was allowed to escape. Another precaution necessary for high altitude cookery is additional time to compensate for the lower temperature.

The recipes were prepared and provided the luncheon and in the afternoon the leaders were asked to decide which part of the lesson they would give back at their club meetings and then present a short demonstration on something they had learned.

Those present at the meeting were Mrs. Ula Merrell and Mrs. Carrie Calhoon of Pinetop; Mrs. Juanita Kavena of Keams Canyon; Mrs. Phyllis Kinale and Mrs. Betty Chaca of Polacca; Mrs. Melba Turley, Mrs. Adele Ballard, Mrs. Marge Hunt and Mrs. Eleanor Butler of Snowflake; Mrs. Irene Hayes and Mrs. Aretta Fish of Lakeside.



The Agent attended the repeat meetings of the "Use Your Pressure Saucepan" leader training at Pinetop and Snowflake. There were eight present at the Pinetop meeting and the community leaders Mrs. Ula Merrel and Mrs. Carrie Calhoon supervised the club members while they prepared vegetables and custard. This was the first experience these two women had had in conducting meetings and they were quite successful as leaders.

There were six present at the Snowflake meeting. The small attendance was possibly due to the fact that many of the women knew that Relief Society leaders had attended the training meeting and they would repeat the lesson at the Relief Society meetings.

### Statistics

There were 9 repeat meetings held in Navajo County with 65 in attendance. Since the meetings 10 women have reported using their pressure saucepans more often while three have purchased new cookers who did not own them before.

Recipes have been prepared approximately the following number of times according to leader reports:

Short ribs	46	Vegetable plates	39
Weiners & potatoes	32	Custard	29
Beef Stew	22	Indian pudding	2
Baked Pinto Beans	37	Dried Fruit	2

### Evaluation

1. Since most women in the county own pressure saucepans, this meeting proved very popular. They were especially interested in the new recipe ideas presented.
2. Good educational work was done on care and safety factors in pressure cooking but most of the women had already "learned the hard way" with blown out safety valves and scorched vegetables.
3. Information on high altitude cookery supplemented and enlarged that which is mentioned by the manufacturers.
4. Very good reports were received from all communities except the reservation indicating acceptance of the information.

### High Altitude Cake Workshop

The Agent spent the last two days of March at a workshop in Prescott on high altitude cake baking. The group of four consisted of the Agent, Mrs. Morris, Nutrition Specialist; Miss Lucinda Hughes, Yavapai-Coconino Home Demonstration Agent; and Mrs. Lurene Walton, Public Service Home Advisor, tested recipes and designated acceptable recipes which will be published in a new bulletin.

The workshop was very helpful to the Agent since she often receives requests for information on high altitude baking.



Late Reports from 1953 Project

Meetings on the 1953 project "Your Money's Worth in Food" were held in the fall of 1953 by two LDS Relief Societies in Snowflake and reports were not received in time for the annual.

Mrs. Bess Ericson presented the lesson to 10 women while Mrs. Eleanor Butler had 23 at her lesson. Thirteen women reported using A Food Plan for Good Nutrition in planning and buying food for their families. Twenty used a mimeographed shopping guide. To get more for their food dollar 10 used the monthly plentiful foods list sent out by the Agent. Eleven used cooked cereal instead of prepared cereal. Two chose inexpensive cuts of meat. Eight purchased bulk vegetables instead of packaged vegetables. Seven kept menus for one week. The following recipes were prepared:

Pinto beans-	35
Cheese Cake-	1
Cream Pie -	2

## NUTRITION

### Plentiful Foods Letter

A list of Plentiful Foods is sent out each month to the mailing list.

### Purpose

1. To assist homemakers in planning menus.
2. To suggest money-saving food bargains.
3. To offer bulletins which instruct in buying and preparing plentiful foods.

### Method

The U.S.D.A. list of plentiful foods is sent out at the beginning of each month to the mailing list of Homemaker Club members, L.D.S. Relief Society Officers and other cooperators. Approximately 250 women are reached in Navajo County by this letter.

This information for the letter comes from the U.S.D.A. via the Extension Information office. It is written as a news article and very few changes are made other than to add a cartoon and change the format to letter style. Sometimes this same information is printed in the agent's column but the local newspaper cannot be depended upon to print the information when it is current.

### Evaluation

The Agent hears very little comment on the letter now because the women take it more or less for granted. It is popular, however, and an unexpected comment was written in a report on a project held late last year on "Your Money's Worth in Food". Mrs. Bess Ericson of Snowflake asked the women in her Relief Society group what they did to get more for their food dollar. She reported, "Use plentiful foods as listed by Home Demonstration Agent".

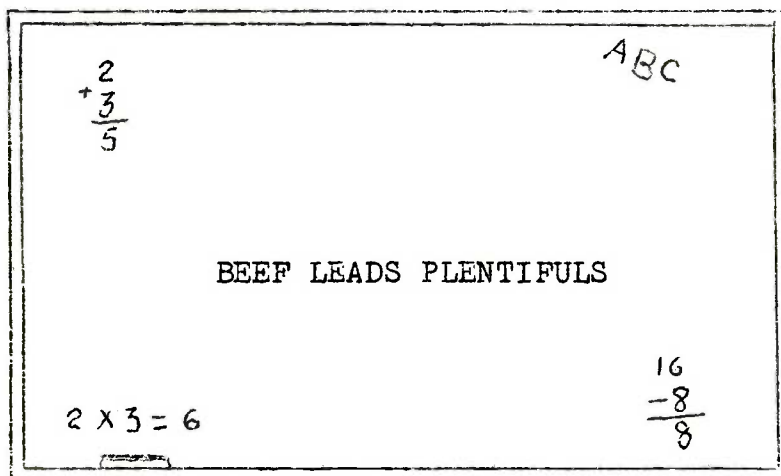
Whenever bulletins are listed in the letter several requests are usually received which is an indication of interest.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

September 1, 1954



Dear Homemaker:

Meat makes the meal! And, beef is the "meat of the month" during September, with heavy supplies expected in the markets.

Many high-quality protein foods await the homemaker's plentiful list this month. Not only beef, but lots of small turkeys, tender young chickens for broiling and frying, more medium and small eggs and hens for fricassee are expected.

Fresh vegetables also offer mouth-watering promises in September. And they will be good buys for the budget-minded. For a delicious combination, try vegetable and beef dishes for tasty treats.

Another September plentiful - rice - fits right into the menu, along with the large supplies of poultry. Fluffy cooked rice is a favorite with gumbos, chicken fricassee, and as stuffing for roast turkey.

Other plentifuls for the month are milk and dairy products, peanuts and peanut butter, fresh and processed lemons and limes salad oils and vegetable shortenings. And, for the "sweet tooth" of the family, there's going to be lots of new-crop honey in the stores.

Sincerely,

Anne B. Shute

Anne B. Shute  
Home Demonstration Agent

ABS:rs  
250 c.

## CLOTHING AND TEXTILES

### Making Better Dresses Project

Forty two women in Navajo County participated in the Better Dress Project this year. Twenty nine completed a better dress during the course.

#### Purpose

1. To encourage the "ready-made" look in clothes through tailoring details and better fit.
2. To follow-up Pattern Alteration project of 1953 by actually making dresses.

#### Method

Special interest groups of fifteen or less women enrolled in Holbrook, Snowflake, Showlow and Lakeside in Navajo County. The clothing leaders of the Homemaker Clubs and special community chairman in Showlow and Lakeside organized the meetings and meeting places. The Clothing specialist, Miss Helen L. Church, worked with pilot groups in Snowflake and Holbrook while the Agent observed and assisted. The Agent took the lessons to the other clubs in the County. An Achievement Day was planned for May 26 to show the accomplishments of the women in the project.

At the first lesson of the month, which was the second in the series, the women were asked to come with their patterns laid on their material, ready to cut. The Specialist and the Agent found that the women, in general, had not done their alterations previously and the majority had not laid their patterns on their material. This negligence caused us to increase the series from three to four all-day lessons.

The Specialist discussed: (1) checking pattern measurements, (2) straightening material, (3) marking material, (4) inter-facing, (5) stay-stitching. Only a few of the women were able to get to the stay-stitching step before the end of the second meeting. For homework, the women were asked to sew permanent seams of their garment, machine baste the side and shoulder seams and finish the edges of smaller pieces.

At the third meeting the Specialist gave a demonstration on fitting. As she demonstrated, she gave the women hints on how to fit themselves alone at home. Many of the women encountered special problems between meetings which needed the Specialist's help. Therefore, on the whole, they did not come ready to be fitted. However, most of the women were fitted before the meeting was over. The Specialist also demonstrated how to make bound buttonholes, how to join the waist and skirt together using seam tape, and how to set in a sleeve.

At the final meeting, the women were asked to be ready for a final fitting and hems, belts and buckles. At the last meeting, the specialist demonstrated how to make self-covered belts and buckles, how to put in a zipper, and how to hem dresses. No one completed her dress at the meeting, but each was far enough along to be able to work alone and finish the dress in a very short time.

Forty two women participated in the project in four communities. Twenty nine completed a Better Dress. 127 other garments have been made using methods learned in the project. Information from the project was passed on to 87 other women. Mrs. Eleanor Butler reported that, "All have expressed themselves as having received many valuable suggestions from you and Miss Church for assisting their sewing methods". Mrs. Irene Hayes of Lakeside commented, "All the ladies said that they received many very instructive ideas on sewing".

The Achievement Day held in Snowflake was attended by 60 women. 21 modeled dresses made in the project.

#### Evaluation

1. This project was well received in all communities where the Agent presented the lessons with the exception of Showlow. Other communities requested the course but the Agent did not have time in her schedule for the lessons.
2. Many women have requested further construction courses and many Snowflake women want tailoring work.
3. The record of 156 garments made with techniques learned in the project is outstanding.

#### Two Sewing Machine Clinics Held in County

Holbrook and Snowflake women requested help in cleaning and adjusting sewing machines.

##### Purpose

1. To teach women mechanics of caring for and repairing their machines.
2. To promote economy by self-servicing.
3. To restore old machines to working capacity.

##### Method

Three women attended the Sewing Machine Clinic held in Holbrook on August 6. Through letters the women were advised of what equipment they would need and the amount of time necessary to complete the cleaning and adjusting of the machines.



The meeting was held at the Community Church. Those attending were Mrs. Del Spaulding, Mrs. Dorothy Palmer and Mrs. Ruth Hutchinson.

Mrs. Palmer and Mrs. Hutchinson had Singer featherweight portable machine while Mrs. Spaulding had an oscillating Singer portable. Using charts prepared in the State Office, the Agent instructed the women in the cleaning of their machines. Mrs. Hutchinson discovered that the takeup spring on her tension was broken and she was able to replace it at a local repair shop. These machines presented no difficulties and the meeting was over at 2:30 P.M.

The Agent also cleaned a Singer oscillating machine which belonged to the Church.

Five women attended the sewing machine clinic conducted by the Agent at the Snowflake L.D.S. Church on September 22. Those attending the meeting were Marge Hunt, Adele Ballard, Margaret Bourdon, Erna Larson and Ella Larson.

#### Evaluation

1. The women had much more self-confidence about cleaning and adjusting their machines than before the meeting.
2. They learned how their machines operate and how a stitch is made.
3. Although none of the machines at the clinics were old or in disrepair, it can be assumed that they will have a longer life.

#### Agent Attends University Training Meeting

The Agent attended a sewing machine clinic held at the University of Arizona from the 10th to the 15th of May. Miss Helen L. Church, Extension Clothing Specialist, conducted the clinic. Three types of machines were dismantled, cleaned and reassembled in the course of the clinic, one long shuttle type, one oscillating type and one rotary type bobbin. On the last day of the clinic the specialist gave advice on planning county clinics. The Agent's then were allowed to experiment with several makes of new zig-zag type machines. This clinic was very valuable and new experience to the Agent who receives many questions on causes of sewing machine irregularities.

#### Home Visits

After the Pinetop Homemakers meeting the Agent received a request to look at the sewing machine of Mrs. Blanche Burum. Mrs. Burum is very interested in sewing but had not done very much along this line. The bobbin of the machine seemed to be filled with dust and loose threads and the Agent was able to clean it somewhat to improve the running order of the machine. Another special call was made to Mrs. Ruby Alcorn of Holbrook who did not understand how to adjust stitches.

## COMMUNITY LIFE

### Household Pest Control

Household Pest Control meetings were held in two communities in June and October.

#### Purpose

1. To learn newest methods to control destructive and disease carrying household pests.
2. For the Extension Service to learn which of the recommended practices were most successful.

#### Method

The pest Control Project was requested at Program Planning Day last year but in the spring when the Agent contacted local leaders they stated they felt there was no real problem in this area. The community leaders, Mrs. Ed Paulus of Holbrook and Mrs. Margaret Bourdon of Snowflake, notified women in each town about the meetings. 15 attended the meeting in Snowflake and 5 attended the Holbrook meeting.

The Entomology Specialist, Dr. J. N. Roney, conducted the meetings. Dr. Roney followed very closely the household pest bulletin and discussed and demonstrated their control. In the course of the meetings the women admitted difficulties with several types of insects, especially flies, cockroaches, ants, silverfish and moths.

Meetings were held again the end of October to check on the results. The attendance at the meetings was smaller but the Specialist was able to find out how his recommendations succeeded.

9 women reported on their project work. Mrs. Eleanor Butler reported that she tried to control crickets and ants with Chlordane. She used a 40 per cent dust twice before securing results. She said, "For little black ants I put powder in ant holes and on top. For crickets, I put it around the baseboard under the curtains. I still have some but feel that they are brought in now with fireplace fuel. The discussion and the bulletin supplies me with information which helps me to feel I can fight other household pests that might bother me".

Bess Erickson reported that she tried to control spiders, mice, silverfish and moths using chlordane, malathion and warfarin. She sprayed chlordane under the papers of the shelves in the food room and used her other controls three or four times before securing results. She said, "It was one of the most helpful meetings I've ever attended. Also helped take care of bulbs, insects in garden as well as the house".

Mrs. Margaret Bourdon tried to control silverfish and ants with Chlordane dust and spray. She used the control once for ants and twice for silverfish. She reported that she followed exact instructions. "I made a circle around each ant hole with the dust. Sprayed liquid chlordane around base of walls in pantry and bathroom where I had seen the silverfish". She said the demonstration answered her problems with pest control "except for the ants, but realize I should have treated the ant holes again - these were the small ants mostly - large ones didn't respond to treatment. Silverfish were eliminated entirely".

#### Evaluation

1. There seemed to be a greater problem with control of household pests than the women at first realized. All reported that the demonstration answered their problems with pest control or that if they had trouble it was because they did not follow exact directions.
2. Through requests of both County Agents and the homemakers, local stores are now carrying more of the recommended insecticides.
3. The demonstration showed homemakers how to use insecticides without danger to children and pets.

## COMMUNITY LIFE

County Fair

The Navajo County Fair was larger this year than ever before.

Purpose

1. The County Fair shows the activities and Homemaking projects carried on by local women.
2. There is an educational value in that articles are judged according to standard score cards.
3. There is a social value in the fair when women from all parts of the county meet and work together.

Method

The Agent serves in an advisory capacity to the Fair Secretary and the Women's Superintendent. When the Fair Secretary did not appoint a Women's Superintendent in the spring, the Agent revised the fair premium lists in accordance with recommendations from the 1953 Fair.

Mr. John Miller finally asked the Agent to select a Women's Superintendent and Mrs. Belle Tanner of Joseph City agreed to serve. The Agent met with Mr. Miller and Mrs. Tanner several times during July and August. Mrs. Tanner was also assisted in writing a circular letter to community leaders to request help in planning.

This office assisted by sending Fair books out to the mailing list to help arouse interest. As a result there were many more entries this year.

Miss Lucinda Hughes, Yavapai-Coconino Agent, judged foods entries while Mrs. Betty Jo Nelsen, Assistant Maricopa Agent, judged clothing. Clothing judging was not completed until about 9:30 that evening so that part of the display was not set up until the next evening.

Secretaries to the judges were Mrs. C. K. Spaulding and Mrs. Keith Zaring both of Holbrook. Mrs. Alice Gardner of Linden and Mrs. Tanner assisted the Agent in setting up the handwork exhibit. There was a lack of help from the communities, though, and more public relations work will have to be done next year.

Mr. Bill Lewis of the Arizona Farmer took several pictures and there was a good write-up in the September 25 issue of the Farmer magazine.

Evaluation

1. Despite inclement weather the Fair attendance was high this year indicating a great deal of interest.
2. Help with the entries and judging was limited and work needs to be started earlier next year.
3. Difficulties have been encountered in some of the premium listings and rules and these should be revised.
4. The educational value of the Fair should be emphasized with more score cards, the public allowed to observe judging and perhaps some educational exhibits set up.

Agent Judges at Coconino and Gila County Fairs

The Agent received training in Foods judging last year at the Graham County Fair from Mrs. Morris, Nutrition Specialist. Then as a refresher she observed food judging at the Apache County Fair.

But when the originally scheduled clothing judge could not attend these 1954 Fairs, Mrs. Morris substituted for her so the Agent judged clothing. The Fairs judged were the Coconino County Fair on September 30, the Pine-Payson Fair on October 1 and the Gila County Fair at Young on October 2.

This judging experience was very valuable to the Agent.

Agent Served on Library Committee

The Agent was asked to assist a group of local women in organizing a campaign for a Public Library. Members of the committee were: Miss Letife Koury, Mrs. Millie Felsch, Mrs. Marian Zaring, Mrs. Henrietta Paulus and Mrs. Leola Alley. The latter three are members of the Holbrook Homemakers.

The committee met several times or organize plans for investigating the problem. The Agent gave the members reading materials on organization of library campaigns.

As a committee member, the Agent visited Miss Dorothy Leavitt, Clerk of the Board of Supervisors, to investigate the possibility of a County Library.

Mr. Harvey Randall, City Councilman and Mr. V. P. Richards, News Editor, were contacted to enlist their support.

The committee met twice with the Town Council which made a motion approving the plan for a Public Library provided that the committee establish a legal entity to which land could be rented and provided that a building plan be presented to the Council for approval within the year.



Subsequently the Council decided to push for a new City Hall which would incorporate a library. The vote was defeated because it necessitated a bond issue.

In the meantime the Junior Chamber of Commerce decided to sponsor a swimming pool campaign and asked the committee to disband until the pool was completed and then to join with their organization to promote a library.

The Jaycees expect to complete the pool next summer and the committee is standing by to cooperate.

## HOME FURNISHINGS

Color Scheme Demonstrations Presented

21 attended two club meetings on Color Schemes.

Purpose

1. To learn that attractive surroundings need not cost money.
2. To learn the principle of good taste.
3. To learn to talk the "language" of color.
4. To learn that the use of color is a gift.

Method

This Color Scheme project and the Room Arrangement project were second choice at Program Planning Day last year. The first request for "Lampshade Making" was cancelled by the Agent as being too difficult and time consuming for both leaders and club women.

It was decided that the Home Furnishing Specialist, Miss Grace Ryan, would present method demonstrations to two clubs and the Agent would repeat them for the other organizations. The Sanders group in Apache County was selected for the first Color Schemes meeting. The Agent presented the lesson to the Holbrook and Snowflake groups. The Pinetop Club met with the McNary Club in Apache County.

At the meetings the goals were outlined and then the women were asked to volunteer their color "problems". Then the words that describe color, such as Tint, Tone, Shade, and Value were explained briefly. The basic Art principles of Harmony, Proportion, Emphasis, Balance and Rhythm were outlined and Emphasis, Balance and Harmony were selected as pertaining especially to color. Next, using color wheels, the types of color schemes were illustrated and then translated with cloth samples of rugs and draperies.

The modern method of decorating was explained as the "mathematical" scheme.  $\frac{3}{4}$  of the chief color is used plus  $\frac{1}{4}$  of accent or  $\frac{1}{8}$  each of 2 contrasts.  $\frac{3}{4}$  of any room is ceiling, walls, and floors. Women who have trouble using color were advised to choose "earth colors" for this  $\frac{3}{4}$  of their rooms. Earth colors would be browns, greens and perhaps blue, suggesting sky. Use of these colors was demonstrated with fabric samples and illustrated with pictures.

The psychological value of color was explained briefly and it was suggested that women use cool colors on the sunny side of the house and warm colors in gloomy spots.

The women were then asked to judge two rings of color schemes selected for bed rooms. One was for the room of a teenage girl, the other a room planned from a painting. The number of correct judgements was very encouraging.

Ten women, including Mrs. Juanita Kavena and Mrs. Clyde Pensoneau of Keams Canyon, attended the Holbrook meeting. There were eleven present at the Snowflake meeting. There has not been time for reports on this project.

#### Evaluation

1. The response to the meetings was good although the results are too intangible to be reported.
2. Many women commented that they enjoyed the meeting and planned to make a few additions or changes in their home schemes.

## HOME FURNISHINGS

Room Arrangement Project

Room Arrangement was selected as a companion project to Color Schemes. A joint meeting of the McNary and Pinetop Homemakers was held in Pinetop in October.

Purpose

1. To teach the simple principles of good arrangement.
2. Rooms must be arranged to suit the needs of all the family members.
3. Comfort, convenience and easy housekeeping come first in room arrangement.
4. To learn good traffic lanes and straight line arrangement of rugs and large pieces of furniture.

Method

Clubs were notified of the community meetings through the monthly letter. 20 women attended the Pinetop meeting. Eight of these were Navajo County women.

At the meeting the women were asked to list their problems. They agreed that the problems was arranging what they already have. First the basic principles were explained and illustrated with pictures and scale furniture. The five principles are: Harmony, Proportion, Balance, Rhythm and Emphasis. Proportion, Balance and Rhythm were emphasized as most important in room arrangement.

The women were then divided into two groups to arrange rooms and judge them. The room arrangers used a cardboard model of rooms of the Arizona Experiment Station Farm House at Safford and arranged scaled furniture in it. The second groups judged the arrangements and the first group defended their arrangements while the Specialist guided the discussion

Evaluation

1. The attendance at the Pinetop meeting was excellent even for two communities. The meetings have not yet been repeated in Snowflake and Holbrook.
2. Because it was a method demonstration and because it was held so late in the year, no reports have been received.
3. The social part of the Pinetop meeting was helpful to cement relations between McNary and Pinetop. The McNary women invited the Pinetop Club to participate in the Color Schemes meeting at McNary as well as in the Red Cross First Aid course they plan to take.

## SUMMARY OF 4-H WORK IN HOME ECONOMICS

Project work in Home Economics has been of extremely high quality considering the lack of leadership training given in the past two years.

This year two leader training meetings were held, one in foods and one in clothing. Mrs. Marge Hunt of Snowflake was the only leader to attend the foods training meeting and she asked for help for Carol Henderson's advance food project. It is not possible to observe results of this training since Carol's plans for the summer changed and she was forced to change her project plans.

At the training meeting for clothing leaders, there were three present. Mrs. Ida Hendrickson of Snowflake and Bernita Beeson and Juanita Kavena of the Hopi Indian Agency. The Agent was able to give Mrs. Hendrickson quite a bit of help and results of this training showed when the Agent attended a club meeting in August when the girls were working on their skirts. Mrs. Kavena and Bernita Beeson did not start their clothing project until fall.

More work needs to be done along the lines of advance clothing. The girls who went to Roundup this year were criticized on their design and color selection and therefore the Agent has decided to combine the Homemaker requested program on "How to Plan for Color in the Wardrobe" to include the 4-H leaders and possibly 4-H Club members, although club members are usually in school when these meetings are held.

The Agent has arranged to organize regular county clubs only in spring to facilitate training of leaders and training meetings have already been scheduled with the Specialist for March and May.

The Agent has also tried to arrange her Homemaker Club program to allow more 4-H project work in the spring. This County is a difficult county to plan 4-H Club work in since the clubs are no sooner organized than tryouts are held for Roundup, which is a normal culmination of a club year. This Roundup work crowds the Agents schedule when she should be planning training and meetings with individual 4-H Clubs.



## Holbrook Tribune Feature Articles June 11, 1954 and August 8, 1954

Holbrook, Navajo County, Arizona, Friday, June 11, 1954

### Achievement Day Held In Snowflake



Pictured above are participants in the First Annual Achievement Day of Navajo and Apache Counties held in Snowflake Wednesday, May 26. They are, from left to right, front row, Home Demonstration Agent Miss Anne Shute, Annette Stratton, Myrtle McCorkle, Goldie Foster, Janice LaForce, Dorothy Palmer, Gwen Johnson, Gladys

McSpadden, Ivy DeSpain, Margaret Bourdon, Hazel Hakes, and Extension Clothing Specialist Helen L. Church, University of Arizona. Left to right, back row, Mabel Thomas, Eula Mae Sample, Etta Paulus, Marina Zaring, Deana McSpadden, Marvel Smith, Selma Ballard, Adele Ballard, Mildred McDonald, Marge Hunt, and Del Spaulding.

### Pressure Canners Cleaned, Tested At Extension Meet

Pressure canners were cleaned and tested at the Extension Service Pressure Canner Clinic held in Joseph City recently. Mrs. Belle Tanner was the general chairman of the meeting which was conducted by Miss Anne Shute, home demonstration agent, and Miss Jean Stewart, state leader. Miss Rachel Reitzel, itinerant agent from the University at Tucson, assisted.

Also assisting with the meeting were Elaine Westover, Dora Turley, June Duncan and Mary Pickett.

Others attending were Thelma Richards, Melinda Rogers, Sarah May Hansen, Luella Foree, Electa Turley, Helen Adams, Vera Wilkinson, Maurine Porter, Madge Westover, Edith Bushman and Ruth Payne.

Since much home preservation of food is done each year in Joseph City, Miss Shute explained the importance of proper use and care of pressure canners, and the danger of explosion if safety valves and petcocks are not thoroughly cleaned each season; also the danger of botulism when foods are not properly canned.

Homemakers have been advised that their pressure gauges can be tested by calling at the office of the home demonstration agent at the Fairgrounds in Holbrook.

First Annual Achievement Day of Navajo and Apache Home-maker Clubs in honor of the national observance of Home Demonstration Week was held in Snowflake on May 26.

Highlight of the evening was a Dress Revue featuring 20 original outfits. This style review climaxed the Extension Service project "Making Better Dresses", which enrolled 50 women in seven communities in Navajo and Apache counties. The better dresses were completed in four lessons taught by Miss Helen L. Church, extension clothing specialist, from the University of Arizona, and Miss Anne Shute, home demonstration agent.

Holbrook and Snowflake club officers co-operated with Miss Shute in planning the Achievement Day program which included a reading by Mrs. Louise Levine, a song by Mrs. Bessie Ericson, skits by the Snowflake and Holbrook Clubs as well as the Dress Revue.

A pot luck luncheon was served at noon by the Snowflake Homemakers. Approximately 60 women attended the event.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

August 1, 1954

AN AIM FOR THE HOMEMAKER

To have the home  
Economically sound,  
Mechanically convenient,  
Physically healthful,  
Morally wholesome,

Mentally stimulating,  
Artistically satisfying,  
Socially responsible,  
Spiritually inspiring,  
Founded upon mutual affection and respect.  
---Lita Bane

Dear Homemaker:

Here it is August already and time to start planning for our 1955 Extension program. This month your Homemaker Club program is concerned with planning for next year. This is your chance to tell your county delegates just what projects you would like to see in next year's program.

As you read this letter jot down your ideas and bring the letter to your club meeting. If you can't get to your local meeting, send your ideas along with a friend. We want this 1955 program to represent the majority not the minority. If your delegates don't know what you want, they're likely to vote in a club program of their own.

Better yet, come to County Program Planning Day yourself! It will be held September 27 in Holbrook.

Sincerely,

*Anne B. Shute*

Anne B. Shute  
Home Demonstration Agent

ABS:rs



PROBLEMS WE HAVE COVERED 1951-1954

1951	1952	1953	1954
<u>Foods</u> Better Breakfasts Preparation of Food for freezing <u>Home Management</u> Color in Home Re-upholstering Furniture Proper Lighting Laundering Blankets <u>Community Projects, etc.</u> Emotional Development of Children Control of Brucellosis Fly Control	<u>Foods</u> Spending Food Dollar Frozen Food Pressure Cooker Clinics <u>Home Management</u> Living Room Clinic Money Management  <u>Clothing</u> Buying Clothing Mending	<u>Foods</u> Freezing Foods Your Money's Worth in Food <u>Home Management</u> Your Kitchen as a Workshop Improved Home Lighting  <u>Clothing</u> Pattern Alteration  <u>Others</u> Child Care Landscaping	<u>Foods</u> Use of Broiler and Pressure Saucepan Pressure Cooker Clinics <u>Home Management</u> Color Schemes Room Arrangement  <u>Clothing</u> Making Better Dresses Sewing Machine Clinics  <u>Community</u> Pest Control Public Health Nurse

HIGH INTEREST SUBJECTS AT 1953 PROGRAM PLANNING DAY

How to Buy and Prepare Meat	Ready-Made Look in Clothes	Homemakers Part in Civil Defense (Red Cross Home Nursing)
Housecleaning Methods	Wood Finishing	

What Do You Want to Know About  
Food Preparation and Nutrition?



1. How about your food habits? Are you among the best fed mothers? Are the food habits of adolescent girls in your county good?
2. Are school children getting balanced lunches?
3. Is your home milk supply pasteurized?
4. Is overweight a problem; is underweight a problem in your community?
5. Are you interested in learning the nutritive value of foods? How many calories, how much protein, how much calcium, vitamin C and B vitamins are needed every day for health?
6. Do all homemakers in your community buy only enriched flour and bread products or products made with 100% whole wheat?
7. Do you have problems baking cakes and bread at high altitudes?
8. Are you using time-saving equipment such as pressure sauce pans, broilers, and well cookers?
9. Are you buying meats by grade? Do you prepare the less tender cuts and lower grades of meat so that your family enjoys eating them?
10. Is it time for a pressure canner clinic? How long since pressure gauges were checked?
11. Is entertaining guests at home fun or a burden?

Jot down other ideas here

1.

2.

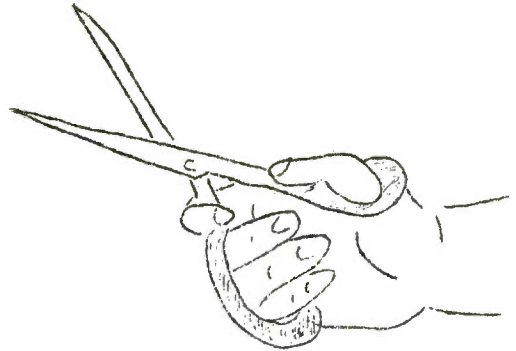
3.

4.

## What Are Your Clothing Problems?

### Buymanship:

1. Do you know what and where to look for good construction in ready-to-wear?
2. What specific garments present problems when you buy?
3. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?



### Construction:

1. What's your major difficulty when making your own clothing?
2. What is your problem in sewing for others in your family?
3. Are you interested in saving time when sewing?
4. As you look at ready made clothing, what techniques, do you wish you could do?

### Health and Comfort:

1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Are house dresses comfortable that you make? Do they give you comfort as you work?
3. Can you purchase comfortable foundation garments?
4. Good grooming can be had for little money and helps to make you well-dressed. Do you have best grooming habits?

### Equipment:

1. Do you know how to clean your sewing machine?
2. Do you make best use of your machine? That is, do you know how to use many simple attachments?
3. Do you know how to press different kinds of fabrics?

### Do You Have Other Problems?

- 1.
- 2.
- 3.



*Are You a Queen*



### Interested In Better Ways to Work?

1. To be a good homemaker which should be your strongest points:

Housekeeping ability?  
Handling the family well?  
Good Personality?  
Managerial ability?

2. Does your home need new, efficient small tools? When you buy them do you wish for types that are kind to YOU?
3. How about fatigue? Can you solve it?
4. Can you do something about the jobs you dislike around the house?
5. What is your greatest difficulty - Time? Strength? Equipment?

### Do You Have Money Problems?

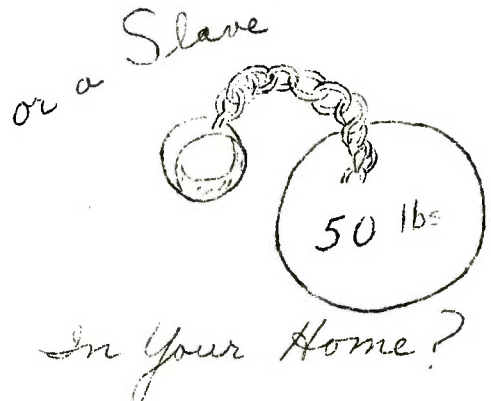
1. If money gets scarce this year, where is the best place for you to tighten up family spending?
2. Would a spending plan help?
3. Can a smart salesman talk you out of a good, still-usable piece of equipment and into a new one you don't need?

### What About House Furnishings?

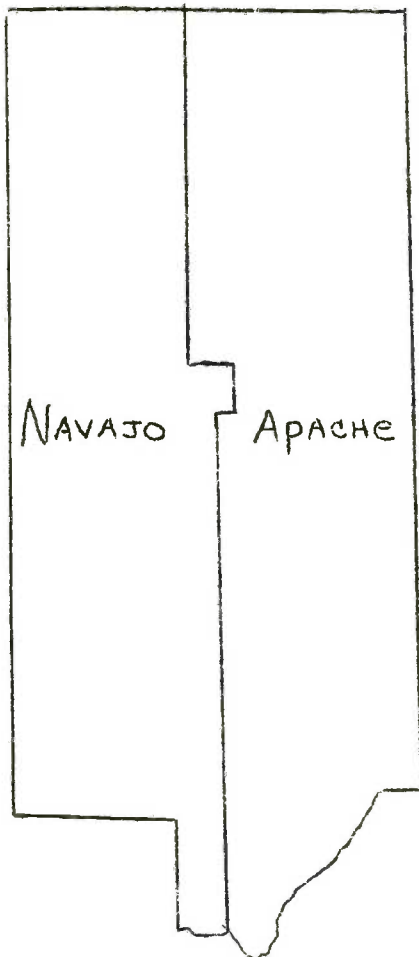
1. What needs attention in your house - Walls? Floors? Windows?
2. What family home crafts and skills could be used to improve the house?
3. Do family or "people" come first in furnishing plans?
4. Do you find the new house furnishing fabrics and surfaces a buymanship problem?

### Any Other Ideas?

- 1.
- 2.
- 3.



A Club or County Program in Health, Safety and Community Living



Need of a Public Health Nurse (Our Board of Supervisors did not appropriate funds for 1954-55 despite your efforts)

Conservation of our National Forests

Child Guidance

Homemaker participation in Civil Defense

Homemaker participation in the Red Cross  
Blood Program

Cleanup Campaign

Hospital Sewing

Are the newcomers in your community attending  
your homemakers' meetings?

Preventing accidents in the home

Playgrounds for the children

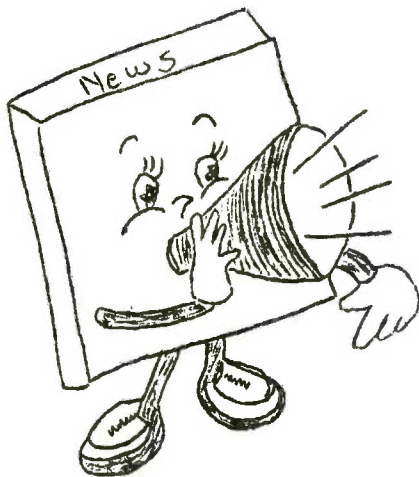
What the United Nations means to you

\* \* \* \* \*

Presidents: Let me know when and where you plan to hold your program planning meeting. I'll try to be there.

Project Leaders: We hope you will use this letter and your "trend" sheet in guiding the discussion in your field at your club meeting. Jot down all the ideas - don't let one person talk too much. Let your vote at County Program Planning Day really represent your community.

L.D.S. Relief Society Leaders: Your 1954-55 Relief Society lessons are mostly concerned with buying and caring for household equipment. Would Extension Service Leader Training meetings help you present your lessons? Come to County Program Planning Day and vote for the 1955 program.



## NEWS BRIEFS

State Fair Demonstrations: Homemaker Clubs are invited to give demonstrations at State Fair. If your club is interested get in touch with me as soon as possible.

4-H Events: 4-H Camp in Prescott will be held from August 9-14. 4-H Leaders' Conference will be August 24-28. I will attend both events so please plan your club meetings around these dates.

Leader Training Meeting: "Use of the Broiler and Pressure Saucepan will be the leader training meeting for September - immediately following the Navajo County Fair. Homemaker Club Presidents - be sure to report how many members own broilers and pressure saucepans. See enclosed card.

County Fairs: Navajo County Fair dates are September 10, 11, and 12. Apache County dates are September 18 and 19. I hope each of you will exhibit this year - especially your Better Dresses. Contact me if you need a premium list.

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ARE YOU CANNING THIS SUMMER?

Send for these bulletins-

Home Canning of Meat

Home Canning of Fruits and Vegetables

Why Not Make Sauerkraut?

Take Care of Your Pressure Canner

Home-made Jellies, Jams and Preserves

Plan Your Storage Space (for canned goods)



Sincerely,

*Anne B. Shute*

Anne B. Shute  
Home Demonstration Agent

ABS:rs